

**“Building Leadership Skills & Character Traits”**

Program Topics:

- Health / Weight / Nutrition
- Dating / Relationships
- Respect / Attitude
- Career & College Readiness
- Self-Reflection
- Sound Decision Making
- Goals & Values Setting
- Communication
- Personal Accountability
- Bullying / Violence / Peer Pressure
- Social Media & Technology
- Self Esteem / Depression / Suicide
- Drug & Alcohol Abuse/Addiction
- Grades / Studying
- Hygiene / Clothing / Hair / Make-up
- Eating Disorders
- Friends / Family
- Basic Budgeting/Personal Banking
- Understanding Credit/Stolen Identity
- Sexual Health & Awareness



**Teen Girl**

**Mentoring & Leadership Program**

*“I’m an extraordinary woman in the making and I will always strive to be my best. I’m learning how I’m precious and unique. I will not allow anything or anyone to keep me from my destiny. I believe in myself and I will make a difference!”*

**We host interactive activity sessions to talk about issues and challenges that teen girls deal with today**

**Safe Environment \*\* Confidential Conversation**

**Interested in having our program at your site?**

**Please call 678-902-5239 or email**

**PCTeensDiv@yahoo.com**

**www.ladybutterflies.org**

**Sponsored by:**



**Targeted to Teen Girls (13-19):**

